

General Information:

Purpose of the Conference:

- Provide an opportunity to network with other school professionals
- Showcase effective curriculum, instruction, policy, services, programs and resources
- Provide a professional growth opportunity
- Impact student achievement and attendance
- Strengthen Coordinated School Health Programs in Missouri
- Focus on the impact of Coordinated School Health Programs on student achievement, attendance and completion.

Lodging:

Conference participants are responsible for making their own room reservations by calling the Lodge of Four Seasons Resort at 1-888-265-5500 or 800-843-5253 or 573-365-3000. A room block is being held until November 4, 2008. After November 4, 2008, rooms will be reserved on a space available basis only. Reservations will be accepted and confirmed as long as rooms are available. The room rate is \$78.00 plus tax for single or double occupancy. The room rate applies 2 days before and/or after the official dates of the conference based on availability. In addition to the hotel accommodations, the Lodge of Four Seasons Resort has a number of two and three bedroom condominiums. The Coalition has always stressed that organizations should bring a health education team to the conference—for example the school nurse, health teacher, food service worker, etc., and the condominiums would be ideal for team members. As an added bonus, the conference rate has been extended over the weekend in case families want to come for holiday shopping, festivities, etc. on a space available basis.

Registration:

Registration for the pre-conference workshops on December 4th is \$50.00. This includes workshop materials. **Early Bird registration** for the conference on December 5th and December 6th is \$120.00. Registration and payment must be received **before Saturday, November 8th** to qualify for the Early Bird Rate. The regular rate of registration for those registering November 8th or after will be \$140.00. Full time students (enrolled in 12 hours & with proof of registration) can enroll for a fee of \$50. Registration costs includes conference materials, continental breakfast, lunch on Friday and continental breakfast on Saturday.

How to Register:

- * **Online:** Participants are strongly encouraged to use MCSHC's online system for registration at www.healthykidsmo.org. The system will allow the participant to pay immediately by credit card or Paypal, or to be billed by email. If the participant chooses to be billed, he or she will receive an email invoice. The email invoice may be forwarded to an individual who can pay online by credit card, or it may be printed and mailed with payment to Missouri Coordinated School Health Coalition at PO Box 480227, Kansas City, MO, 64148.
- * **Mail:** If you are not able register online, you may complete the registration form and mail it with payment to Missouri Coordinated School Health Coalition at PO Box 480227, Kansas City, MO, 64148.
- * **Phone/Fax:** Participants can register by fax at 573-875-8158 or they may register by phone by calling Steiner and Associates at 573-442-2963 or 573-489-0622.

- * **Purchase orders are not accepted.**
- * If you register by mail, phone, or fax, your registration is not complete until payment is received in full.
- * Duplicate receipts will be issued until December 31, 2008, for a fee of \$3.00 per receipt.

For additional information or conference questions, call Ken Steiner, Conference Coordinator, at 573-442-2963 or 573-489-0622.

Cancellations/Substitutions:

Full refunds of conference fees, less a \$15 processing fee, will be granted if **WRITTEN** notice of cancellation is received at the Office of Steiner and Associates with a postmark NO later than November 7, 2008. After November 7, 2008, NO refunds will be given. However, substitutions are encouraged and are permitted. To authorize a substitute in your place, you will need to notify Steiner and Associates prior to the conference date. **All cancellations and substitutions notifications must be submitted in writing.** Should the conference be canceled due to inclement weather, full refunds will be given. Should registrants need to cancel due to inclement weather, but the conference has not been canceled, with written notification received by December 31, 2008, they will receive a voucher for a 50% credit of what was paid, to be used for the 2009 Conference. If the weather is questionable, please call Steiner and Associates at 573-489-0622 or check the MCSHC's web site at www.healthykidsmo.org.

Sandra Nichols Mazzocco Coordinated School Health Scholarship

Those interested in applying to be considered for the Sandra Nichols Mazzocco Coordinated School Health Scholarship may do so by visiting the MCHSC web site at www.healthykidsmo.org, downloading the form and sending it to the address listed on the form.

Conference Essentials:

Since the conference is held in December and the temperature in different meeting rooms tend to vary, it is recommended that you dress in layers in order to accommodate the variance in temperatures and for your comfort. Also, please remember to bring note-taking materials and a writing instrument.

ADA:

If you have any disability that requires special materials or services, contact Ken Steiner, Conference Coordinator, at 573-442-2963 or 573-489-0622 (cell).

Emergency Calls:

Emergency calls during the meeting should be directed to 573-365-3000 and ask for the Coordinated School Health Conference Registration Desk.

Keynote Speakers:

Dr. Linda Chamberlain

Dr. Linda Chamberlain, an epidemiologist specializing in childhood exposure to violence and brain development, is the founding director of the Alaska Family Violence Prevention Project. An internationally renowned keynote speaker, she works as a consultant for the Family Violence Prevention Fund and holds affiliate faculty appointments at the University of Alaska and Johns Hopkins University where she did her doctoral research. She earned her public health degree from Yale School of Medicine, specializing in maternal and child health and epidemiology. Dr. Chamberlain has published extensively on the topic of family violence and is editor for the e-journal, *Family Violence Prevention and Health Practice*. Awards and recognition for her work include a National Kellogg Leadership Fellowship. Living on a rural homestead outside of Homer, Alaska with her husband and dog team, she has developed a highly innovative lecture series on leadership and teamwork called “*Lessons from the Trail*” and teaches a graduate course on public health and leadership. We thank the Children’s Trust Fund and Missouri Kids First for helping to sponsor Dr. Chamberlain.

Laura King, Ph.D.

Laura King, Ph.D. received a PhD in Personality Psychology from the University of California, Davis in 1991. She began her career at Southern Methodist University, moving to the University of Missouri in 2001, where she is now a professor. Her research has focused on topics relevant to the question of what it is that makes a life a good one. She’s published over 60 articles and chapters. A former associate editor of *Personality and Social Psychology Bulletin* and the *Journal of Personality and Social Psychology* and section editor for *Social and Personality Psychology Compass*, she currently serves as the editor-in-chief of the *Journal of Research in Personality*. Laura’s research has examined such topics coping with life changing events such as parenting a child with Down syndrome or experiencing divorce at midlife. Her work examines psychological approaches to the good life and how difficult life experiences relate to well being, meaning in life, and personality development. We thank the School Health Corporation for helping to sponsor Dr. King.

William Potts Datema

William Potts Datema serves as Chief of the Program Development and Services Branch (PDSB) of the U.S. Centers for Disease Control and Prevention, Division of Adolescent and School Health (CDC-DASH). PDSB works to improve adolescent and school health outcomes nationwide through cooperative agreements and technical assistance for state, territorial, and large local government agencies, national organizations, and others.

Bill has worked in education and public health for 27 years, including service from local to national levels. He has worked with Federal agencies, national non-governmental organizations, and state governments nationwide to improve health and educational outcomes for children and youth.

Bill holds Master of Science and Bachelor of Science in Education degrees from Missouri State University, and he has completed other graduate coursework at the Harvard School of Public Health and Kennedy School of Government. He has presented in 48 states and six other nations, and he has authored and contributed to a number of publications. Bill and his wife Susan have four children. Aside from his family, he lives for baseball season.

Agenda:

Pre-conference: Thursday, December 4, 2008

11:30-5:00 p.m. Registration – 5th floor Atrium

1:00-5:00 p.m. Pre-conference Sessions

Participants may choose one of the following:

1. Alliance for a Healthier Generation: Working to Eliminate Childhood Obesity

Beth Graham, MPH, CHES, Regional Outreach Manager, Alliance for a Healthier Generation, Myrtle Beach, SC

The Healthy Schools Program supports schools in the development of school environments that promote healthier eating and physical activity for students and staff. Come learn about the free tools and resources available to schools in Missouri and how your school can get involved. Creative strategies that other schools from around the country have implemented will also be showcased.

2. Incorporating the Health/PE Grade Level Expectations (GLEs) Into Your Lessons

Marilyn Grechus, Ph.D., Central Missouri State University, Warrensburg, MO

The participants will learn more about the Health/PE GLEs, including how to match the GLEs to their current curriculums/lessons. Participants will understand how the GLEs will make the job of writing lesson plans easier and be able to create assessments that align to the GLEs.

3. Anticipating and Coping With School Violence

Aneesh Tosh, M.D., Department of Child Health, University of Missouri, Columbia, MO and Glen Berry, Ed. D., Director, Missouri Center for Safe Schools, University of Missouri-Kansas City, School of Education, Kansas City, MO

Participation in the workshop will provide participants with awareness and knowledge on basic school safety and violence prevention issues. The following topics will be covered in the interactive workshop: Missouri Violence Prevention Curriculum Frameworks, Threat Assessment, Bullying prevention, Internet Safety, Cyber Bullying, Emergency Procedures, coping and Psychological recovery. The workshop includes a Powerpoint presentation, video clips, interactive activities and time for questions and answers.

4. Finding Your Healthy Balance

Vera Massey, MS, Nutrition and Health Education Specialist and Molly Vetter-Smith, MEd, RD, State Specialist for Health Education, University of Missouri Extension, Columbia, MO

To be fully healthy you must take care of yourself— body, mind and spirit. In today's culture we have many demands on our time and attention, and we are expected to do everything and do it well. Life can be overwhelming; all too often we over-extend ourselves to meet the demands of others resulting in feeling stressed-out, overwhelming fatigue, physical health problems, irritability and burn-out. This workshop will provide approaches and experiences to explore ways that will help you create a healthier balance in your life. Life is full of choices, the choices we make moment to moment affect our life balance and ultimately our physical and mental well-being. This workshop will not provide all the answers to your problems, but will provide opportunities to help you explore the answers that lie within you.

5. Managing Students With Special Health Care Needs

Cecilia Brower, RN, Lees Summit, Missouri along with other MASN members

In order for some students to participate in their educational program, health care needs to be provided within the school setting. School nurses take the initiative to assess the student's health needs; develop an Individualized Healthcare Plan (IHP) and an Emergency Action Plan (EAP); train, monitor and supervise other school personnel in delivery of care when delegation is appropriate; and continually evaluate the student's health status. In this session, school nurses will learn how to identify a student's health needs

that require intervention during school hours, and how to apply the findings to the development of an IHP and EAP for the student. The application of IHP's to 504's and Individual Education Plans (IEPs) will be discussed. Participants will work in small groups to develop IHP's and EAP's for some of the more common health concerns in school, such as asthma, seizure disorders and diabetes.

Dinner is on your own. HK Restaurant has moved inside the Resort and will take reservations.

Conference: Friday, December 5, 2008

7:00-4:30 p.m. Registration – outside Granada Ballroom

7:15-12:45 p.m. Exhibits – Granada Ballroom B & C and foyer

7:30-8:30 a.m. Continental Breakfast – Granada Ballroom B & C

8:30-8:45 a.m. Welcome and Sandy Mazzocco Scholarship Award – Granada Ballroom A

8:45-9:45 a.m. Keynote Presentation with Linda Chamberlain, Ph.D, MPH – Granada Ballroom A

An Integrated Approach to Childhood Exposure to Violence and Implications for Brain Development

Dr. Chamberlain begins by making the connection between different forms of family violence and the long-term implications of abuse over the lifespan. Following a brief overview of neurobiology and the mind-body connection, she explains why the developing brain is more vulnerable to the effects of trauma and violence. Dr. Chamberlain uses case scenarios to illustrate the physical, mental, cognitive, and behavioral health effects of childhood exposure to violence including the hidden epidemic of post-traumatic stress disorder. Wrapping up on a proactive and positive note, she provides strategies for assessment, practical tips for working with children from violent households, and promising practices that are making a difference in the lives of children and families exposed to violence.

9:45-10:15 a.m. Beverage Break and exhibits – Granada Ballroom B & C

10:15-11:30 a.m. Concurrent Sessions: (please choose one session for this time frame)

6. ThinkFirst-Using Your Mind, To Protect Your Body

Penny Lorenz and Chad Burton, University of Missouri, Columbia, MO ThinkFirst is an award winning trauma injury prevention program. It is enthusiastically received by faculty, administrators and most important, the students. This session will open with an overview of trauma brain injury (TBI) and spinal cord injury (SCI) as it relates to students 3-12. A description of TBI and SCI, its primary causes and prevention efforts will be discussed. Since motor vehicle crashes are the leading causes for death and injury among our youth, driving safety will be the lead focus in this presentation.

7. Stay Strong Stay Healthy

Stephen Ball, Ph.D., State Specialist & Assistant Professor, Nutritional Sciences, College of Human Environmental Sciences, University of Missouri-Columbia, Columbia MO

One of the best ways to keep the body and mind functioning at its best is to exercise. Participation in regular strengthening exercises helps adults to build muscle and increase bone density, thereby helping to prevent frailty and osteoporosis. *Stay Strong, Stay Healthy* is a ten-week strength-training program for adults. The program's goal is to improve health and quality of life. Learn about the Stay Strong Stay Healthy program and how this successful MU extension program could help improve staff wellness at your school.

8. Breath by Breath: Staying Calm, Reducing Stress through Mindful Awareness

Terry Wilson, M.Ed., RN, CHES, Coordinator, Health Promotion, Student Health Center and D. Paul Robinson, M.D., Associate Clinical Professor, Department of Child Health, University of Missouri Hospitals and Clinics, Columbia, MO **(Limited to the first 30 participants)**

Mindfulness Based Stress Reduction (MBSR) has been used since the 1970's as a means of helping patients with anxiety, depression, chronic pain syndromes, hypertension, and heart disease. In the past year there has been an explosion of research in the use of this modality in schools. In this conference we will briefly look at this research and introduce the practice of MBSR to the participants. Ways of bringing mindfulness into schools, both in the classroom (teachers and administrators) and the health office (school nurses) will be discussed.

9. Challenges and Opportunities from the Cafeteria Line

Karen Wooton RD, LD, Director, School Food Services, DESE, Jefferson City, MO and Laina Fullum RD, LD, Food Service Director, Columbia School District, Columbia, MO

From the Federal Child Nutrition Programs perspective to local cafeteria implementation: Why does your local food service program operate as it does? Gain a better understanding of the challenges and opportunities of serving meals to children in school. Topics of discussion will include local wellness policies, food safety regulations, menu planning options, and ala cart offerings.

10. Adolescent Independence Striving: What Is Healthy Autonomy and What Is Not?

Nicole Campione-Barr, Ph.D., Dept. of Psychological Sciences, University of Missouri, Columbia, MO

Autonomy is a core developmental task during adolescence. Adolescents must develop autonomy from parents and other authority figures in order to become self-reliant adults. Thus, those relationships must be transformed from the hierarchical nature of early and middle childhood to a more egalitarian relationship in late adolescence and into adulthood. This transformation occurs over the course of many conflicts and renegotiations during early and middle adolescence as adolescents begin to assert authority over their lives. This presentation will address how this process can lead to healthy autonomy development and adjustment, and how it can diverge into something unhealthy for the adolescent and their families.

11. Support for a Distressed Colleague: How to Recognize When Someone Needs Assistance

James Hunter, Director, Employee Assistance Program, University of Missouri, Columbia, MO

During this session, participants will review various signs, symptoms and scenarios of individuals in distress. The session will also provide information about individual, organizational and community strategies and resources available to help those in need.

11:30-12:45 p.m. Lunch and exhibits— Granada Ballroom B & C
(Exhibits close at 12:45 p.m.)

12:45 – 1:45 p.m. Keynote Presentation – Laura King, Ph.D.

Meaning in Life, Happiness, and Personal Growth: The Hard (and Easy) Roads to the Good Life

This session will be about the psychology of happiness, coping with difficulties and the value that can be found in negative life events.

1:45–2:00 p.m. Movement Break

2:00-3:15 p.m. Concurrent Sessions: (please choose one session for this time frame)

12. Good Nutrition: In and Out of the Classroom

Alma Hopkins, RD, LD, Columbia, MO

Schools are natural settings to teach, model and lead the way to healthy lifestyle habits when one considers that students spend a considerable amount of their growing years in schools. Best practices on good nutrition in and out of the classrooms will be presented by showcasing schools that are leading cultural changes in the classrooms by the way nutrition is provided.

Success stories about classroom snacks, vending, school parties, fundraising and community events will be shared to lead an interactive session. Attendees will listen and participate in discussions on successful steps taken to involve the parents in becoming active partners in the process of change for healthier school environments. Discussions will be lead by Alma Hopkins, who has co-chaired the Missouri Eat Smart Guidelines, is a co-team leader of the Missouri Action for Healthy Kids and active member of the Coordinated School Health Coalition.

13. The Labyrinth of Self-Esteem: Activities for Teaching Self-Esteem in the Classroom

Marilyn Grechus, Ph.D., Central Missouri State University, Warrensburg, MO

This session will present hands-on activities for enhancing your student's self-esteem.

14. Using Physical Activity to Reduce Stress and Improve Learning – Why and How?

Connie Janders, Physical Education Teacher, Old Bonhomme Elementary, Ladue School District, St. Louis, MO., 2007 Teacher of the Year – AAHPERD Central District

In order for students to function at their most optimal level of learning, the door to learning must be opened. This door is MOVEMENT! Attendees will gain a better understanding of the science behind stress and movement and will learn practical methods for helping students be in a more optimal state for learning!

15. Mental Health Literacy: What the Heck Is That?

Dottie Mullikin, Director of Prevention, Missouri Department of Mental Health, Jefferson City, MO

This workshop presents an overview of an Australian evidence-based program called Mental Health First Aid (MHFA). Mental Health First Aid (MHFA) is the help provided to a person developing a mental health problem or experiencing a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis is resolved. This presentation will outline the roll out process for Mental Health First Aid: Show Me How in our state and ways educational personnel can become actively involved.

16. Promoting Mental Health in Missouri's Children

Karen Weston, Ph.D., Co-Director, Center for Advancement of Mental Health Practices in Schools, University of Missouri, Columbia, MO

This session will provide an overview of the new white paper published by the Missouri Coordinated School Health Coalition—"Promoting Mental Health in Missouri's Children: A Guide for Schools, Families, and Communities." A facilitated discussion will allow participants to examine ways in which they can use the white paper as a resource in their work with children and families. Copies of the white paper will be available.

17. Status of Missouri Women: Cervical Health, HPV and the Role of School Health Professionals

Kerri McBee, Executive Director, Alliance for the Status of Missouri Women, Harrisburg, MO

This presentation will provide an overview of the current status of woman's healthcare in Missouri, focusing on cervical health, HPV and its link to cervical cancer, the HPV vaccine and the role of the Missouri HPV education Coalition (MOHEC) in assisting the public, parents, school health and health professionals in accessing information about the Free HPV vaccine available in over 120 sites across Missouri.

School Health Professionals will learn about the HPV vaccine, who should receive the vaccine, the outreach techniques available to assist school health professionals in educating their students, parents, administrators and communities about HPV, its link to cervical cancer and the availability of the HPV vaccine.

3:15–3:30 p.m. Movement Break

3:30-4:45 p.m.

Concurrent Sessions: (please choose one session for this time frame)

18. Physical Activity and Nutrition Interventions that Work

William Potts Datema, Chief, Program Development and Services Branch (PDSB), CDC-DASH, Atlanta, GA

Schools throughout the United States are working to provide healthy nutrition options and physical activity opportunities. During this session, participants will learn and share effective strategies to improve nutrition and physical activity environments. Tools and resources will be offered that can be utilized to improve programs.

19. Introduction to Tai Chi for Health

Larry Libbus, Columbia, MO (retired from Missouri Department of Health and Senior Services)

This session is a workshop wellness activity for conference attendees. The instructor will demonstrate and lead participants in performing a sampling of Tai Chi movements, postures and forms with minimal discussion. Tai Chi emphasizes breathing, slow gentle movements and postures designed to reduce stress, promote relaxation, and increase balance, strength and flexibility. Participants should wear comfortable clothing.

20. A Critical Intersection: Adolescent Brain Development, Substance Abuse, and Exposure to Violence

Linda Chamberlain, Ph.D., MPH, Director, Alaska Family Violence Prevention Project, Homer, AK

The latest research on brain development has revealed that the adolescent brain is a work-in-progress. Dr. Chamberlain describes how heightened plasticity of the adolescent brain leads to a growth spurt that provides another window of opportunity in brain development as well as increased vulnerability to toxic environments. Describing areas of the brain that show the most profound changes during adolescence, the implications of these changes on adolescents' thought processes, behaviors, and vulnerability to substance abuse are presented through dialogue and case studies. Dr. Chamberlain provides practical strategies to promote healthy adolescent brain development and a peaceful adolescence.

21. Family Health Nights

Janet Shepard, Executive Director, Practical Parenting Partnerships, Jefferson City, MO

Family health nights are a fun way to share information with parents about healthy weight, sleep, physical activity, and mental wellness. We will share planning and marketing ideas, content information and activities. Bring your good ideas to share!

22. Bullying – Child's Play or Violence

Glen Berry, Ed. D., Director, Missouri Center for Safe Schools, University of Missouri-Kansas City, School of Education, Kansas City, MO

Children who bully others can turn into antisocial adults and are far more likely than others to commit crimes, batter their spouses, abuse their children, and produce another generation of children who bully. This research-based workshop provides information on the scope of the problem and what steps schools may take to identify and address the problem. The workshop includes PowerPoint presentation, interactive activities and time for question and answers.

23. BMI Screenings: From Measurement to Intervention, Best Practice Guidelines for School Nurses and Other School Health Professionals

Annette Campbell, RN, BSN, Director, Score 1 For Health, Kansas City University of Medicine, Kansas City, MO

In this presentation, participants will learn best practice methods for assessing, analyzing and communicating Body Mass Index (BMI) results. Participants will learn how to help students and families understand the value of the BMI measurement and the importance of early intervention to prevent diabetes, heart disease and other obesity related chronic illnesses. Common barriers to achieving success including socioeconomic disparities in access to healthcare, personal readiness to make lifestyle changes as well as challenges identifying pro-active practitioners will be addressed. Finally, the presentation will include reference to the recently released "MOCAN Child and Adolescent Healthcare Provider Tool Kit" published by the MO Department of Health and Senior Services (DHSS).

Dinner is on your own. HK Restaurant has moved inside the Resort and will take reservations.

Saturday, December 6, 2008

8:00-11:30 a.m.

Registration – outside Granada Ballroom

8:00-8:45 a.m.

Continental Breakfast – HK Restaurant

9:00-10:15 a.m.

Concurrent Sessions: (please choose one session for this time frame)

24. Join The Revolution: Take a Stand for a Healthier Future

Kris Juelfs, RD, LD, St Louis District Dairy Council, St. Louis, MO and Angela Forfia, Action for Healthy Kids, Skokie, IL

Are your students getting enough nutrition and physical activity throughout the school day? Estimates are only one in three American children participate in daily physical activity. St Louis District Dairy Council and Action for Healthy Kids will empower school health educators to engage youth and go beyond to get the foods and physical activity they need within the regular school day.

National Dairy Council® and St. Louis District Dairy Council (SLDDC) have teamed up on a multi-year initiative to help schools make positive changes in student eating and exercise habits, and to help schools reach their wellness policy goals. School Wellness Activation Kits for the 2008/09 school year are just the beginning of this commitment to child health. The Wellness Activation Kits are based on the 2005 Dietary Guidelines for Americans' *Food Groups to Encourage* and an easy-to-follow "Move More!" message.

Be the cheerleader for your teachers, principals, nurses, curriculum coordinators, wellness coordinators, secretaries, parents and other community leaders to take action towards a healthier school environment!

25. PE4Life: An Approach to Active, Healthy Living

Jan Madlock, Program Services Manager, PE4Life, Kansas City, MO

PE4Life is a non-profit advocacy organization dedicated to inspiring active, healthy living by advancing the development of quality, daily physical education programs for all children. PE4Life is a catalyst for change and a school wellness implementation partner. This session will share a wealth of information and resources given to schools and community centers working to enhance their health and physical education program.

26. Over The Counter Drug Abuse in Teens

Representative from the Missouri Regional Poison Center, St. Louis, MO

Participants will understand the incidence and variety of over the counter drugs used by teens. They will be able to recognize signs, symptoms, and health consequences of such abuse.

10:15-10:30 a.m.

Movement Break

10:45-11:45 a.m.

Healthier Schools for a Healthier Missouri–William Potts Datema

Schools throughout Missouri have continued to improve Coordinated School Health programs to help children and youth establish and maintain healthy behaviors. These behaviors are critical to living a longer, happier, healthier, and more productive life as adults. During this session, participants will learn about key issues related to the long-term health of children and adolescents, important areas for improving programs, and resources and tools available to help provide healthy learning environments for Missouri's children and youth.

11:45-12:00 noon

Adjournment (short wrap-up and door prizes) – Granada Ballroom



Missouri
Coordinated
School Health
Coalition

Registration Form

Coordinated School Health Conference
December 4-6, 2008

Please **ENTER THE NUMBER OF THE SESSION** you want to attend **FOR EACH TIME FRAME**. This information is helpful in making room assignments and avoiding crowding in the sessions. Thank you for your cooperation. **NO PURCHASE ORDERS ACCEPTED!**

Thursday, December 4, 2008

Pre-conference Sessions

1:00-5:00 p.m. (Sessions 1-5) _____

Friday, December 5, 2008

10:15-11:30 a.m. (Sessions 6-11) _____

2:00-3:15 p.m. (Sessions 12-17) _____

3:30-4:45 p.m. (Sessions 18-23) _____

Saturday, December 6, 2008

9:00-10:15 a.m. (Sessions 24-26) _____

10:45-11:45 a.m. (General Session) _____ ☐ Yes ☐ No (please indicate if attending)

I require a: ☐ vegetarian meal ☐ special meal (please describe) _____

I require special arrangements for facilities (please describe) _____

Fees: **NO PURCHASE ORDERS ACCEPTED!**

Pre-conference-December 4th\$ 50.00 \$ _____

Conference-December 5th-6th:

Early Bird (**before Saturday, November 8th**)\$120.00 \$ _____

Regular (on or after Saturday, November 8th)\$140.00 \$ _____

Full Time Student (12 hours with proof of registration)\$ 50.00 \$ _____

Total Enclosed \$ _____ **(NO PURCHASE ORDERS ACCEPTED!)**

There have been requests for contact information from past conference attendees. We will be providing a roster of participants to all conference attendees, which will include: Name, Address and Phone Numbers. Please indicate whether you would like your contact information included in the attendee roster. (Only those marked **NO** will be excluded. If this section is **UNMARKED**, that person's information **WILL** be included.) ☐ Yes ☐ No

PLEASE PRINT LEGIBLY OR TYPE - USE ONLY 1 FORM PER REGISTRANT (This form may be copied.)

Please indicate your **PRIMARY** job responsibility — mark **ONE ONLY**:

School Nurse ☐ Health Educator ☐ P. E. Teacher ☐ School Counselor ☐

Administrator ☐ Health Department Employee ☐ Food Nutrition Personnel ☐

Other ☐ _____

Name _____

Organization _____

Organization Address _____

City/State/Zip _____

Daytime Phone Number _____ Daytime FAX Number _____

Email address _____

Phone Number to notify you, if conference is cancelled _____

☐ Check enclosed. Make check payable to: Missouri Coordinated School Health Coalition (MCSHC). Mail completed registration form and check to: MCSHC, PO Box 480227, Kansas City, MO 64148.

Credit Card Payment: Please charge my: ☐ Visa ☐ MasterCard ☐ American Express ☐ Discover

Account Number _____ Expiration Date _____

Signature _____

You may register by calling 573-442-2963 or 573-489-0622 or FAX to 573-875-8158 and charging the fee to your Visa, MasterCard, American Express or Discover card. **NO PURCHASE ORDERS WILL BE ACCEPTED!**

Missouri Coordinated School Health Conference
501 S. Cedar Lake Drive
Columbia, MO 65203

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16th Annual Coordinated School Health Conference
School Health: Educating the Whole Child

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| School Nurses | Counselors |
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16th Annual
Coordinated School
Health Conference
School Health: Educating the Whole Child



Missouri
Coordinated
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Dec. 4-6, 2008
Lodge of Four Seasons Resort
Lake Ozark, Missouri

Sponsor:

Missouri Coordinated School Health Coalition

Co-sponsors:

Children's Trust Fund
Columbia/Boone County Health Department
KC Healthy Kids
Midwest and St. Louis Dairy Councils
Missouri Association of Health, Physical Education, Recreation and Dance
Missouri Association of School Nurses

Missouri Department of Elementary and Secondary Education
Missouri Department of Health and Senior Services
Missouri Kids First
University of Missouri Extension
YouZeum, Columbia, MO